Handwork
A Beginning Course in Clothing

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CLOTHING I

Handwork
A Beginning Course in Clothing

DIRECTIONS

Your enrollment for the Handwork Clothing Club Project has been received. This bulletin contains the instructions for the work you are to do in order to complete the project. Your record book and six report cards are also included in this mailing.

The record book is very valuable because in it you will keep a record of the articles you make. You are to keep this book until all the work is completed, so take very good care of it.

Progress report cards: Standard club members. As soon as you have completed an article, record the work done in your record book, listing the cost only in the case of materials purchased. Scraps from mother's scrap bag need not be counted. Only the cost column should be used. Where scraps are used, write the name of the article and put a dash (--) in the cost column.

Fill out a report card, giving all the information asked for, and take it and your record book to your next club meeting. Have the secretary go over the card, compare it with your record book, and check it on the enrollment blank. The secretary will then have the club leader sign the card and mail it, together with all the cards brought in by the other club members, to the county club agent, county school superintendent, or the State Club Leader, depending upon the arrangements made in your county. The secretary will be given full instructions regarding this matter.

Progress report cards: Individual members. Have your mother look over the report and sign it; then mail it to the State Club Leader, Corvallis, Oregon.

When you have completed all the work required, fill out the summary of your work and write your story.

Remember that this record book must be received by the State Club Leader before you can be permitted to compete for either county or state prizes or receive the achievement pin that all club members prize so highly. This record book should be sent in as soon as you have completed your work, but not later than November 1.
Exhibit. An exhibit, consisting of all the articles required, is to be made at a local, county, or state fair.

This project is planned to teach club members to (1) follow printed instructions; (2) use a needle, thimble, scissors, and materials; (3) make certain simple stitches by hand.

Reading instructions. The sooner you learn to do things from printed directions, the sooner you will be independent and can follow any printed instructions. Form the habit early of reading the instructions through to the end before beginning your work. This will often save difficulty and later ripping.

You are asked to follow instructions carefully regarding material, method, and finishing. It is not the quantity nor the difficulty of the work you do that will be of most value to you but the quality of work and the accuracy with which you follow instructions.

To the Local Leader: No Girl should be encouraged to do more difficult work than the project requires. If she is capable of doing advanced work, perhaps it would be best to permit her to enroll in Clothing II. It is not enough for the leader to read the directions; she should teach her club members to read them for every article and then help the girls to follow them.

REQUIREMENTS IN CLOTHING I

The project has been divided into two groups so that girls who have carried the project one year need not compete with girls who are beginners.

**A**

For 9- and 10-year-olds.

(This may include 11-year-olds who are in the same grade at school as the 10-year-olds.)

1. A stenciled luncheon or breakfast cloth.
2. Bag or cushion in weaving. Needle point and cross-stitch not permitted.
3. Pincushion for work box.
5. Wall hanging.

**B**

For 11- and 12-year-olds and the 10-year-olds who have had A group the previous year.

1. A dresser scarf or table cover decorated in an outline stitch design.
2. Zipper purse or bag in weaving.
3. Pincushion for dresser.
5. Wall hanging.
6. Crocheted mat, beret, or hot-dish holder.

A club member who takes Clothing I one year, either A or B, is permitted to go on to Clothing II the following year, although it is recommended that the younger girls follow A with B, as that will insure a greater ease in carrying Clothing II later.
Basis of Awards: "A" Girls

a. Exhibit
- One article from Group One
- One article from Group Two
- Pincushion
- Needle case
- Wall hanging

b. Completeness and accuracy of report

Possible score

Basis of Awards: "B" Girls

a. Exhibit
- One article from Group One
- One article from Group Two
- Pincushion
- Needle case
- Wall hanging
- Crocheted article

b. Completeness and accuracy of report

Possible score

Club Meetings

Every club is expected to hold not less than ten meetings, and in order to receive a charter it is required that a program covering the ten meetings be sent in to the State Club Leader, soon after instructions for the project are received.

It is desirable that each meeting be divided into three parts: (1) business, (2) project discussion and work, and (3) social.

The following plan for a few meetings may help the leader and program committee to plan all of the meetings. Note: In large clubs of young girls it may be necessary to hold a few more meetings merely for work, and it may be necessary at times to dispense with the business meeting or the social, but if possible the three-part plan will be found most desirable and helpful. Remember, we are building girls and boys rather than making "things." Cooperation, self-expression, and initiative are important qualities to develop.

First meeting—

A. Business.

1. Meeting called to order by the President.
2. Roll call—name a color.
3. Learn and give the club pledge.
4. Minutes of the organization meeting.
5. What shall we name our club?
B. Project discussion.

6. Leader read the list of articles to be made, girls look at pictures in the bulletin.
7. Leader show samples of materials for first article to be made.
8. Discuss what is to be brought to the next meeting.
9. Decide on the color scheme for your complete project.

C. Social.

10. Play a game that all know, such as hide the thimble.
11. Put the room in order.
12. Adjourn.

Second meeting—

A. Business.

1. Meeting called to order by the President.
2. Roll call—what I brought to use.
3. Minutes of the last meeting.
5. Club pledge.
6. Old business (perhaps name was not decided upon).

B. Project discussion.

7. Selecting of design for stencil or outline.
8. Cutting the stencil or tracing design for outline.
9. It may be possible to try to stencil on a scrap of cloth or learn the outline stitch.

C. Social.

10. Sing a song (at least start learning a club song).
11. Game—ring toss.
12. Straighten the room.

*RING TOSS. Place a straight chair on a table on its back with the legs extended toward the group. Have six old jar rubbers. Let each girl in turn toss the six rings, one at a time and try to ring a chair leg. She should stand about six feet away from the chair. Ringing the upper legs counts 10 each and the lower ones 5 each. If there is a large group of girls, provide more chairs and rings and divide the girls into groups. The game should last only a few minutes.
Plan all the meetings in like manner. Vary the social activity by sometimes having active games and sometimes quiet ones. When the weather permits, let this part of the program be outdoors. In the spring plan for a picnic and an achievement day.

**DEMONSTRATIONS**

Demonstrations give club members the opportunity to show others how to do something learned in club work and found interesting and useful.

A demonstration at a club meeting may be given by one girl, but in all club demonstration contests a team of two girls or two boys is used.

In a demonstration, work is actually done and carefully explained.

**Outline for demonstration**

**Team Member No. 1 Talks**

1. Introduces team.
2. Tells nature of demonstration.
3. Explains work team is doing.

**Team Member No. 1 Works**

1. Takes up work where team mate left off.
2. Completes work and picks up equipment.
3. Answers questions related to work she explained.

**Team Member No. 2 Works**

1. Stands quietly.
2. May arrange equipment.
3. Begins to work and continues until point is reached where team mate begins work.

**Team Member No. 2 Talks**

1. Continues explanations.
2. Sums up demonstration.
3. Asks for questions and answers questions related to work she explained.

In an excellent demonstration, probably very few questions will be asked because the points are brought out clearly during the demonstration.

**Some demonstration topics**

1. How to make a stencil pattern.
2. How to stencil.
3. Finishing the stenciled article.
4. How to weave in a design.
5. How to make a pincushion.
6. How to make a needle case.
7. How to outline.
8. How to crochet any of the articles listed.
9. Some sewing stitches we have learned.
10. How to conduct a club meeting (suitable for the entire club to give on achievement day).

**COLOR SCHEME**

Decide at the first meeting on the colors you want to use for all of your articles. Do not plan to use more than two colors or two shades of one color with the background color of your material. The background color in your articles will be the cream of the flour sack or the gray of monks cloth or osnaburg.

Good color combinations are: (1) A light and a dark shade of one color such as green, blue, brown, rose; (2) brown and orange; (3) blue and rose; (4) green and blue; (5) green and orange; (6) rose and dull blue; (7) medium brown and medium blue; (8) red and white.

When planning your color scheme, consult with mother to see what pieces she has in her scrap bag that you may have for your needle case and pincushion, and then plan your color scheme to go with that material.

**GROUP ONE**

“**A**” Girls: Stenciled Luncheon Cloth

“**B**” Girls: Dresser Scarf

**STENCILLED LUNCHEON CLOTH**

**Materials.** Unbleached muslin, a flour sack, or similar material, good quality wax crayons, and a piece of oak tag or lightweight cardboard for the stencil.

**Preparation of the material.** Measure and cut the cloth so that it is just as long as it is wide. It is most convenient when it is from 36 to 40 inches square.

**Finishing the edge.** Cut off the selvedge and draw threads to make a %4-inch fringe on all sides. To keep the fringe from raveling, overcast the edges around the corners for about two inches. Ravellings of the material are excellent to use.

**The stencil.** Select one of the stencil designs from this bulletin. Trace it carefully onto a piece of tissue paper. Then transfer the design to a piece of oak tag or any lightweight cardboard with
carbon paper. With a pair of sharp-pointed scissors next cut out all parts of the design that are black.

*Note:* Each part of the design is separated from every other part. This is always true in every stencil design.
Placing the design. Decide whether the design is to be used in the corners only, as a border around the entire cloth, or as a center decoration. See illustration.

Design in one or more corners. Fold the cloth in halves and then into quarters. Next fold this small square diagonally from op-
posite corners twice so that the diagonal lines cross in the center. Place the stencil on the diagonal line that extends from the outside corner of the cloth so that the top of the design just covers the point of intersection of the two diagonal lines, and the lower part of the design extends toward the corner of the cloth and half of the design is on either side of the crease.

If the design is to be repeated to form a group of three or five, still place the central unit in the position just described and arrange the repeats on either side of this central unit, placing them on a line drawn from the lower edge of the design parallel to the sides.

**Border design.** Cut the stencil in a piece of cardboard that is long enough so that the lower edge will come to the edge of the cloth and the design will be from $2\frac{1}{2}$ inches to 4 inches from the edge, and wide enough so that when the side edge just touches the edge of the design last stenciled, the next design will be the desired distance from the previous one. This will be a great help in spacing the design accurately. Before deciding on the exact distance apart, it will be necessary to do some figuring so that you will come out even on all sides and at the corners.

If you want your design in the center of the cloth, plan it so that there will be a clear space in the very center for a small vase of flowers. This space should be about 8 inches in diameter.

**Applying the stencil to the cloth.** You are now ready to put the design onto the cloth. Decide whether you are going to put the design in the center of the sides, in the corners, repeated across the ends, or all around as a border.

Lay the cloth right side up smoothly on a board over which you have put two or three layers of paper to make an even surface. Place the stencil where you want the design, and fasten in place with thumbtacks.

With the wax crayon of the desired color, color the cloth evenly through the holes in your stencil. Always work up and down, parallel with the weave of the cloth, and apply the color evenly, taking care not to move the cloth, and being equally careful to apply the color well up to the edge of the stencil.

**Caution.** Use flat colors and do not shade or put another color around the edge! Where you have two shades of one color it is permissible to use them with a contrasting color.

Leaves may be a very soft green, but are often done with one of the two colors used.
When you have finished stenciling, brush off any bits of crayon, turn the cloth wrong side up on the ironing board (which you have protected with a piece of paper), cover with a damp cloth, and press with a hot iron in order to set the color. Do not run the iron back and forth as this may blur the edges. You will find that if you use tepid water and mild soap, the color will stay in for several washings, and then if you have kept your stencil you can always recolor without a great deal of work.

Questions to ask yourself about your work—

1. Is the fringe even in length on all sides?
2. Have I overhanded the corners neatly? About two inches on either side of the corner? Are there any knots or ends of thread?
3. Are the edges of my stencil cut smoothly and evenly?
4. Do my colors go well together?
5. Is the color worked in smoothly and evenly?
6. Have I pressed the cloth so there are no wrinkles?

DRESSER SCARF

This scarf will be useful for your bureau, dresser, or dressing table or you may make it for mother or grandmother.

Materials. Flour sack, good quality unbleached muslin, cotton suiting, osnaburg, linen crash, linen’s rival, or any similar ma-
terial in white, cream, or ecru. Before buying, measure the piece of furniture on which it is to be used so that you may know exactly how much to buy. If the material is narrow enough to fit the dresser, no allowance need be made for hems at the front or back. Some

Suggestions for arrangement of stencil and outline patterns.

like to have an inch or two of the top of the dresser show at both the back and front. Some prefer to have the cloth wide enough to extend to the back edge of the dresser but narrow enough to allow an inch or so of the dresser to show at the front. Others prefer to have the cloth extend one or two inches over the front edge. This is not a good practice if the cloth will interfere with closing the top drawer.
The cloth may extend from 4 to 6 inches over the ends of the dresser, or it may be cut short enough so that the space on all four sides is equal. In addition to the amount needed for the finished article, allowance must be made for the hem, which should be from \( \frac{1}{2} \) inch to 1 inch in width. Do not cut off the selvedge if the cloth is the desired width without hemming, but cut it off of all edges to be hemmed.

**Making.** Turn a hem from \( \frac{1}{2} \) inch to 1 inch wide to the right side of the cloth. If the ends only are to be hemmed, see that the hems are exactly the same width.

Sometimes the back edge is left with the selvedge on and the front and two ends are hemmed. Sometimes all four sides are hemmed. Whenever a side and end are both hemmed, a neater corner is possible if the corner is mitered in the way described in "Stitches, Seams, and Sewing Processes."

After the hem is basted in place, fasten it permanently with a long and short basting stitch, using three strands of the six-strand embroidery cotton in the color used for the outline design that is to decorate the scarf.

Fasten the end of the thread under the edge of the hem by taking three tiny stitches in the same place, bringing the needle out the third time close to the edge of the hem. Next take a small stitch through all three thicknesses of the cloth, directly over the place where the needle came out. Continue taking tiny stitches \( \frac{1}{2} \) inch apart, in a straight line close to the edge of the hem, until the entire hem has been fastened down. Fasten the thread by taking three little stitches in the same place as was done at the beginning.

**The design.** Select a design that is very simple, preferably one of those given in this bulletin. Decide on the placing of it. If the scarf is to hang over the ends, the design may be in the form of a band across both ends. If the scarf is hemmed on all four sides, the design may be placed in each of the four corners. If the back edge is a selvedge that is to be placed against the back of the dresser, the design may be placed only in the two front corners, or it may be placed in the two front corners and the center front.

Suggestions for arrangement of stencil and outline patterns.
Transfer the pattern to the cloth with carbon paper, but take care to follow the design accurately and avoid smudging the cloth.

If desired, a pattern may be purchased. Usually such a pattern will have enough parts to supply all the club members with small sprays or motifs.

Conventionalized flowers are particularly good for a girl's room. Animals and figures are not so attractive. Circles, triangles, and scrolls are good when cleverly used. If you like to design, why not make your own design for this?

**Colors.** Use the same color for the embroidery as was used on the hem. A second color or a lighter or darker shade of the same color may be used, but avoid too many and very bright gaudy colors. Attractive color combinations are: orange and brown, medium blue and orange, rose and dull green, two shades of yellow, blue, or green. Of course, your choice of colors will depend on the rest of your articles as you want everything to harmonize.

**Outlining.** Use either two or three strands of six-stranded embroidery cotton, depending on the size of the design and the weight or fineness of the cloth.

Use a medium long needle with a long eye that is large enough to carry the thread through the cloth without pulling.

Work away from you. *To start*—take three tiny running stitches toward you on the line to be outlined. Put the needle in one stitch ahead of the place where it has just come out and bring it out half a stitch back toward your left hand. Always keep the thread to the right of your work. Continue to put your needle in a stitch ahead and bring it out a half stitch back each time. Take very small stitches around sharp curves and corners. When you reach the end of your thread, carry the thread to the wrong side of the cloth and go over three or four of the little stitches and clip the thread off close. Start the new thread with the running stitches, coming out for the first stitch, a half stitch back of the last stitch.

The wrong side of embroidery must always be kept smooth. No knots or ends of thread should be left. Never jump across from one part of the design to another farther than $\frac{1}{4}$ inch, but fasten the thread and start again, because often such threads show and look untidy.

**Finishing.** If your work is soiled, wash the piece carefully and iron very smooth and straight.

*Fill in your report card and your record book and you will be ready for the next group.*
patterns.
GROUP TWO

“A” Girls: Bag or Cushion
“B” Girls: Zipper Purse or Bag

BAG

Materials. Monks cloth, gunny sacking, or burlap. Yarn and a
large-eyed, blunt-pointed needle called a tapestry needle.

The bag will be convenient to carry your sewing to club meet-
ings or your books to school.

Cut the cloth for the bag 20 inches long and 13 inches wide (a
variation of one inch either larger or smaller may be allowed).

The design to be used is most easily put on before making the
bag. Decide on the weaving pattern to be used, and whether one,
two, or three bands will be best for your purposes. Cut a piece of
paper 9 inches long by 12 inches wide. This is the size the bag will
be when finished. On this piece of paper either draw lines to indi-
cate the placing of the design or place strips of paper of the de-
sired width where they seem to look best.

The design may go either across or lengthwise of the bag.

Good proportions. Where bands are to be used across the bag,
the following proportions are suggested:

1. One wide band (1 ½ inches wide) placed 2 inches from the
bottom of the bag, and a ½-inch band 1 ¼ inches from the
top.

2. One wide band (1 ½ inches wide) placed 2 inches from the
bottom of the bag with two narrow bands (¼ inch wide),
one placed ½ inch above and the other ¼ inch below the
wide band.

3 & 4. One band 1 3/4 inches wide placed 2 inches from the
bottom. This 1 ¾-inch band may be woven as one or it
may be broken up into three narrow bands, such as a
narrow border on both sides and a solid band between
the borders (as in 3) or three bands of varying widths—
1 inch, ½ inch, and ⅛ inch, each ¼ inch apart (as in 4).

5. Another variation may be a group of three bands, two
bands 1 ⅜ inches wide with a narrow band (⅛ inch wide)
between them.
6. Two bands of uneven width—one \( \frac{3}{4} \) inch wide and one \( \frac{1}{2} \) inch wide—placed \( \frac{1}{4} \) inch apart and the lower one placed 2 inches from the bottom, may be used. Another band \( \frac{1}{4} \) inch wide is placed 1\( \frac{1}{4} \) inches from the top. In design, three bands are more interesting than two, and it is always more interesting to have the bands and spaces of different widths.

Pleasing arrangement for bag decoration.
If desired two bands running lengthwise of the bag may be used. Such bands should be 2 inches wide and placed 1\(\frac{1}{2}\) inches from the finished edge on a bag that is 12 inches wide.

**Weaving in the design.** Now that the cloth for the bag has been cut, the placing of the design determined, and the pattern chosen, the next step is to put the design on the cloth.

Fold the cloth so that the crease comes at the bottom of the bag and the two cut edges are together. Measure up from the fold the distance decided upon for the first row of the weaving. Do
this on both sides of the bag. Complete one band on each side before proceeding to the next. In this way, both sides will be alike.

Use either 4-ply yarn or (on fine material) Saxony yarn, rather than Shetland floss, which is too loosely twisted to handle easily. A tapestry needle, which is a blunt-pointed, long-eyed needle, is best to use, as it will not go through but between the threads of the material.

Weaving patterns.

Making the bag. Fold the cloth so that the crosswise bands exactly meet at the seams. Baste carefully and stitch in a \( \frac{1}{2} \)-inch
seam, beginning at the fold. Mother may do this for you if she thinks it too difficult for you to do. Open the seam and clip the corner at the fold. Press open under a damp cloth. Cut off the ends of yarn and overcast both edges of the seam.

Turn the hem at the top—the first turn from ¼ to ½ inch wide, depending on the weight of the material. Make the second turn 1½ inches wide. Put on two strap handles, one inch wide when finished and 12 inches long. Fasten these in with the hem. Stitch the hem and secure the straps at the top of the hem. The straps should be put in 2 inches from each side. If one strap is put on one side of the bag and the second one on the other side, the bag will be more easily opened.

**BAG WITH DRAWSTRINGS**

(Bag for B Group.) Cut this bag 10 inches wide and 25 inches long. Plan the design as was suggested for the first bag. Finish the seams in the same manner. Turn the hem at the top 2½ inches deep. Put in a second row of stitches ½ inch above the first row of stitching. Rip the stitching on the seams between the two rows of stitching and blanket stitch around the opening.

Twist two strands of yarn together and double to form cords for drawstrings. These strings when doubled should extend 3 inches beyond the edge of the bag.

To put the drawstrings in so that the bag may be easily drawn up, put one string in from one side and run it entirely around the bag, coming out at the same opening it went in. Start and end the second string from the opposite side. Tie the ends of the cord together and put a pompon tassel on the end of each string.

**ZIPPER PURSE**

This is a small flat bag finished at the top with a zipper. The size will depend somewhat on the length of zipper you have or can buy. A good proportion is to make the bag ½ as deep as it is long; for example, if it is to be 6 inches long, make it 4 inches deep.

Use monks cloth, piece of sacking, or needle-point canvas. Weave in a close, all-over design in wool in colors to harmonize with or match those of the dress or suit with which you will carry the purse. Sew up the sides. Sew in the zipper. Line the bag with sateen or silk. Press the bag carefully.
BEDROOM CUSHION

Any girl who has a window seat, a day bed, or a chair that needs a cushion will find this a very useful article.

Materials. Either monks cloth or osnaburg may be used. Make the cushion from 14 inches to 18 inches square.

The design. Plan the design either for all four sides, two adjacent sides, or two opposite sides of the front of the cushion. Follow the suggestions given for the bag. The design may cross at the corners or just meet. Do not place the design less than 2½ inches nor more than 3 inches from the edge.

Use only one or two colors in your weaving. Stitch three sides of the cushion together on the wrong side. Turn, fill with a cushion or kapok or cotton. Cotton is least desirable.

Fill in your record book, giving the cost of the materials used and then fill in a progress report card, which should be mailed with those of the other club members either to your county agent or to the State Club Leader at Oregon State College, Corvallis, Oregon.

GROUP THREE—PINCUSHION

“A” GIRLS—A CUSHION FOR THE WORK BOX

Materials. Lightweight woolen material such as flannel, cashmere or challis, silk or velvet, or soft but closely woven cotton material.

Filling. Bran, wool, kapok, or dried coffee grounds. No cotton as cotton is hard to pierce with a pin, and pins and needles will rust.

Cutting. Two pieces of material 2¼ to 3 inches square, or 3 inches wide and 4 inches long, or two circles 3 inches in diameter.

Making. Baste the two pieces together with the right sides in. Sew together with the combination stitch which is three tiny running stitches, a back stitch, and three running stitches. Make a knot in the thread in the way described in the bulletin Stitches, Seams, and Sewing Processes. Begin at the right and sew toward the left (if right handed, reverse it if left handed). Leave a 2-inch space for filling the cushion. Fasten the thread by taking several over-and-
over stitches in one place. Remove the bastings. Turn down the edges of cloth at the opening so that the edge is even with the stitching, baste in place, press flat, turn the cushion right side out. Fill the cushion with bran, wool, or kapok until the cushion is as hard as you like to have it (try it by sticking in a pin). Close the opening with tiny overhanding stitches. To make this stitch, baste the two turned-in edges together and take up a very little of the cloth at the edge of both folds, pointing the needle directly toward you. Continue with this same stitch until the opening is closed. Be sure to match the thread and cloth in color.

An attractive variation of the round cushion is made by cutting a strip of the material 4 inches wide and long enough to go entirely around the edge of the circle and join in a seam. Sew this strip between the two circles.

**Note:** If the cushion is made of a plain piece of cotton material a tiny stenciled design may be put on before making it up, following the directions given in the first group.

**“B” GIRLS—A CUSHION FOR THE BUREAU OR DRESSING TABLE**

An attractive pincushion for one’s bureau or dressing table is always a pleasing accessory.

**Materials.** Use material like the dresser scarf in Group One.

Cut two pieces of material for a rectangular cushion 8 inches long by 4 inches wide.

For a round cushion, cut two pieces of material 5½ inches in diameter and a 2-inch strip long enough to go entirely around the edge of a circle and join in a seam.

**Making.** Decorate the top of the cushion with the design used on the dresser scarf, or a portion of the design, and work it in outline stitch in the same color that was used on the dresser scarf. Follow the directions for making that are given for the workbox pincushion. This cushion needs to be stuffed so that it is very firm.

*When you have finished either cushion, fill in the space for it in your record book and fill in a report card. You will then be ready to begin on Group Four.*
GROUP FOUR—NEEDLE CASE

Nothing is more useful than a good place to keep needles, and no workbox can be complete without a needle case. Of course there are many pretty ways to make a needle case, but a very plain one easily opened, easily made, will probably be used oftener than a very fancy one.

“A” Girls. The simplest kind to make has a felt cover and leaves that are pinked or notched. The cover may be cut in a circle, using two circles of felt about 2½ inches in diameter and making two or three leaves of firm flannel or broadcloth cut 2 inches in diameter and notched. Sew the leaves and cover pieces together on the edge of the circle with the leaves even with the edge of the cover, where they are joined.

Cloth like your pincushion may be used. If it will fray or is lightweight, the cover should be made double with the edges turned in and sewed together. It is easier to make such a needle case rectangular in shape, cutting the pieces about 4 x 6 inches in size and putting in the leaves so that the whole can fold like a book.

The leaves should be cut (1) 3 x 4½ inches and (2) 2½ x 4 inches.

These are both very easy cases to make, but there are many other ways to make needle cases and so long as you keep the case simple to make and easy to use, you may use the design you prefer.

“B” girls. In the case of “B” girls a needle case may be chosen that is a little more difficult to make. Materials may be silk, velvet, cotton print, or similar material. Cut two pieces of the material the same size and sew them together and turn right side out. Blanket stitch the edge of the leaves. Follow the directions given for the first needle case as to size.

When the needle case is finished, record the costs in your record book and fill in a progress report card and you will be ready to begin on Group Five.

GROUP FIVE—THE WALL HANGING

There are two patterns for this article. “A” girls are asked to use the design with the little girl who is busily sewing. “B” girls are to use the design with the clover leaf and the words, “Head,
Heart, Hands, and Health.” These two designs are on the enclosed separate sheets.

**Materials.** Osnaburg, Linen’s rival, art linen, cotton suiting, or any similar material in a natural, cream, or ecru color, and six-stranded embroidery cotton, in one color. Suitable colors are medium green, brown, orange, rust, deep blue, and red, depending on the color that will best suit your room.

**Placing the design.** Using carbon paper, trace the design accompanying these instructions onto the cloth. See that the straight lines are parallel with the threads of the cloth. Allow \( \frac{3}{4} \) inch beyond the outer lines on the sides and below the bottom line and \( 1\frac{1}{4} \) inches above the top line. Cut along these lines.

**Making.** The “A” wall hanging is done entirely in the outline stitch. Turn the sides \( \frac{3}{4} \) inch from the outside line and baste in place. Use two strands of the six-stranded embroidery cotton for the girl and three strands for the lines and “H’s”. Follow the directions given in Group One for outline. On the outer line take the stitches through both thicknesses of cloth. This is the only finish required on the sides. Avoid big knots; usually it is best to begin the words by taking three or four tiny running stitches and covering them with the outline stitch. Avoid carrying the thread from one part of the design to another unless the distance is less than \( \frac{3}{4} \) inch. Fasten the thread by taking three or four over-and-over stitches through the stitches on the wrong side of the work. Cut off all ends of thread so that the wrong side may be neat.

**Finishing the hanging.** The sides are already finished. Make a hem at the top large enough to hold a small round or flat stick. Fringe the bottom up to the lower line of outlining. Tie a cord twisted from embroidery cotton (like that used in outlining) at both ends of the stick to hang it by.

**“B” girls.** Outline the clover leaf and border lines using two strands. Use the chain stitch made with two strands of thread for the letters. See Stitches, Seams, and Sewing Processes.

This hanging is to be lined with lightweight material, such as sateen. Sew rings at the top for the stick. The lower edge should be left open and the edge of the lining, if selvedge, should extend only to the top of the fringe, which should extend to the lower line of outlining. If the lining has a raw edge at the bottom, turn a hem and stitch it so that it comes just to the top of the fringe.
GROUP SIX—CROCHETED MAT, CROCHETED HOLDER, CROCHETED NAPKIN RING, OR CROCHETED BERET

This group is for "B" girls only.

How to crochet.* Start to learn to crochet with needle and crochet cotton in hand, as though you were attending a class. Do not attempt to learn merely by reading. It is confusing. Start at the beginning of the lesson and work it out, having each point clear before you go on to the next.

There are two ways to hold a needle, either loosely inside the closed hand, or as a pencil is held. Either is correct. Take the needle in your right hand and hold it as seems natural.

Thread is held in the left hand. It is wound over the forefinger and carried down inside the hand. The thread on the forefinger comes from the work. Hold the forefinger a little high, but not too high, because the length of thread between work and forefinger regulates the tension. The work is held by the thumb and middle finger of the left hand, just below stitch or needle.

Tension is important. If the stitch is to be loose, wind cotton over the forefinger once; if tight, wind it two or three times, as necessary.

Chain Stitch: All work starts with one or more chain stitches. Make a slip loop on needle with beginning end of cotton, and with the hook draw the thread through this loop. This is the 1st chain stitch. Draw the thread through loop on needle as many times as there are chain stitches required.

* This section is quoted by courtesy of The Spool Cotton Company.
SINGLE CROCHET: Turn at end of chain and work back along chain, turning rough side of chain toward you. Skip chain next to needle, insert hook in next chain so that 2 threads of chain are above needle, 1 thread below. With hook draw working thread through chain, giving 2 loops on needle. Again catch up working thread with hook and draw it through both loops. This is 1st single crochet. Make all others like it. At the end of chain, if you wish another row of single crochet, turn, chain 1, and pass needle through below the 2 threads—or loops as they are called—which form the top of single crochet of preceding row. Draw thread through as in 1st row, giving 2 loops on needle. Finish as usual.

DOUBLE CROCHET: This is made much like single crochet, but before inserting the hook in preceding row or chain, wind the working cotton over the needle. Then insert hook in preceding row and draw loop through, giving 3 loops on needle. Pick up thread and draw it through all 3 loops at once. To start a row of double crochet make 2 chains.

TREBLE CROCHET: Have 3 loops on needle exactly as for double crochet. With hook pick up working cotton and draw it through 2 loops, leaving 2 loops on needle. Pick up working cotton and draw it through these 2 loops, completing stitch. To start a row of treble crochet make 3 chain stitches.

The above 4 stitches are the most important in crochet, and with a mastery of them it is possible to do any piece of crochet work. For while many other crochet stitches are used, these simple stitches form the foundation.

ABBREVIATIONS: In crochet directions c h means chain stitch; s c means single crochet; d c means double crochet; t r means treble crochet.

FASTENING OFF: After the last stitch is made make a chain stitch, cut threads a few inches below it, pull cut end through chain until latter is tight. Do not cut thread too close, either at beginning or end of work. If this is done it weakens work and causes wear. Leave a long end and run this through the finished crochet, to avoid all danger of ripping.

TABLE MAT

To make a table mat:
1. Make a chain of 6 stitches. Join in a ring.
2. Make a chain of 3 stitches, fill ring with 12 treble crochet stitches, counting the chain of three as one stitch. Join.
3. Chain 3, 3 tr in the second stitch of the preceding row, 1 tr in the third stitch, 3 in the fourth, and continue alternating one and three around the circle. (Chain stitches in each row will be directly above each other and count for the first stitch in each row.)

4. Chain 3, 1 tr in the second stitch of the preceding row, 3 tr in the third stitch, which if you have worked correctly will be the center stitch of the 3 stitches taken into 1 stitch in the preceding row. One tr in each of the following 3 stitches, 3 tr in the center stitch of the 3 stitches in one hole in the preceding row, continuing in this manner around the mat. Always join at the end of a row and chain three to start the next row.

5. In this row there will be 5 tr between each group of three. The chain always counts for a stitch and is the center of a group. So in this row remember that you will put 1 tr in each of 2 stitches, then 3 tr in the next stitch, then 1 tr in each of the next 5 stitches, ending the row with 1 tr in each of 2 stitches to complete the group of five, started with the chain.

6. In this row and every succeeding row there will be an increase of 2 stitches between each time of widening (3 stitches in one hole).

7. Continue until the mat is the desired size. To finish the mat, any simple border design may be used. Here is the simplest: Chain 6, insert needle into the third stitch on the mat from where the chain began. Draw the needle through the two loops—continue making chains of 6 stitches and fastening them into every third stitch.

Note: This mat is very effective if crocheted in a color to match the decoration on the breakfast cloth.

HOT-DISH HOLDER

Use mercerized crochet cotton or crochet string. Make a chain 5 inches long. Turn and make a single crochet in each chain. Turn and either take up the back loop or both. Crochet back and forth until the holder is 5 inches square.

If preferred, a double or treble stitch may be used. If an extra heavy holder is desired, crochet the piece 10 inches long and crochet holder together.

Caution. Be sure to keep the same number of stitches in each row and the stitches the same size or the holder will not be even in size.
BERET

Crocheted berets are ever so attractive and really quite easy to make. Use yarn about as heavy as Germantown Zephyr or mercerized cotton No. 3 in the color that is most becoming to you or will go best with your clothes. You will need a No. 3 bone needle for the yarn and a steel needle No. 3 for the cotton.

Directions for making the basque beret.* Begin at center of crown. Ch 6 and along ch make 5 slip sts. This is for tiny string which hangs at center of crown.

In end of string make 8 sc for 1st round of crown. 2nd round—2 dc in each sc of 1st round, picking up on the double loop. (To make dc throw thread over needle, pick up loop in sc, and draw through all 3 loops at once.) 3rd round—2 dc in 1st st, 1 dc in next, and repeat around. There will be 8 increased sts in round. 4th round—2 dc in 1st st, 1 dc each in next 2 sts, and repeat around. 5th round—2 dc in 1st st, 1 dc each in next 2 sts, and repeat around. 6th round—1 dc each in 1st 2 sts, *2 dc in next, 1 dc each in next 4 sts, and repeat from* around. Continue in this way always increasing 8 times in each round. In one round make 1st increasing in 1st st, spacing other increases evenly around, and in next round have increasings come midway between those of preceding round. Make these two rounds alternately, always with 1 more st between increasings than in preceding round, until crown is 9½ inches in diameter. This crown is right size for children from four to eight. For larger children make crown 10 inches, for smaller children 9 inches.

Make 3 rounds without increasing, to turn edge. Then narrow 8 times in each round, making narrowings as follows: Pick up for dc as usual, then pick up a loop in next dc of preceding round, 4 loops on needle. Draw through all 4 loops at once. Place narrowings as increasings were placed before turn; that is, in one round make 1st narrowing over 1st sts of preceding round, spacing other 7 narrowings evenly around, and in next round have narrowings come midway between those of preceding round. Narrow in this way until head size is right, about 19 inches circumference for 6-year size. Make 6 rounds of 1 sc in each st in 1st round, picking up for sc on front loop of sts of preceding round. Fasten off after 6th round, leaving a long end. Fold last 6 rounds under to

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* This section is quoted by courtesy of The Spool Cotton Company.
give double head band, and with long end loosely whip sts of last 6 rounds under to give double head band, and with long end loosely whip sts of last round to back loops of round before band. It is important not to make whipping sts tight.

ELECTIVE—WORKBOX

Every girl or woman who sews should have a box or basket in which to keep her sewing equipment. There are many such that can be purchased, but a club girl should be able to make one for herself that will be both useful and attractive at very little cost.

**Box.** Strong pasteboard shoe box, large sized cigar box, tin lunch box, wooden box that fancy dried fruits come in.

**Basket.** Sometimes there is a basket 4 or 5 inches deep and 6 to 8 inches in diameter in the house, or if you know how to weave a basket of reed you can make one.

**Preparation of box.** Pasteboard—cover with pretty paper or cloth, paste the cover on neatly. Line the box with the same kind of material used on the outside. Wooden box—paint, enamel, or shellac. A cut out could be pasted on the box before shellacking, or a design could be stenciled on with crayolas before shellacking.

**Preparation of basket.** May be lined with cloth, or it may be left unlined. Treatment will depend on the condition of the basket.

Equipment for the box or basket.

1. Pair of sharp scissors.
2. Thimble that fits.
3. Tape measure.
4. Pincushion.
5. Needle case.
6. Small box for buttons, hooks and eyes, and fasteners.

* Made in this project.
* September 1938.